SALT LAKE COUNTY
PARKS & RECREATION

SLC Sports Complex Lap Lane Schedule

Week of 2/26/23

SUNDAY

- Building Closed (5:00 AM – 9:30 AM)
- Water Aerobics, 5 Lanes, 10:30-11:30am
- AFS, 11:30-12:30, 6 lanes
- ST
- Pool Closed to Public (4:00 PM – 8:30 PM)

MONDAY

- AFS, 3 Lanes, 5:30-7
- Water Aerobics, 4 Lanes, 8:30-9:30am
- IAFS
- AFS, 12-1, 6 Lanes
- Swim Team, 3-4 Lanes, 4-6:30
- STAT, 4 lanes, 5-6:30 PM
- AFS, 4 lanes, 6:30-7:30
- Adult Water Polo, 7:30pm-9:00pm, 6 lanes

TUESDAY

- Water Aerobics, 4 Lanes, 10-11am
- AFS, 3 Lanes, 5:30-7
- AFS, 3 Lanes, 7-8am
- AFS, 12-1, 6 Lanes
- Swim Team, 4 Lanes, 5-6:30pm
- STAT, 4 lanes, 5-6:30 PM
- Water Aerobics, 4 lanes, 6:30-7:30

WEDNESDAY

- Water Aerobics, 4 Lanes, 10-11am
- AFS, 3 Lanes, 5:30-7
- Water Aerobics, 4 Lanes, 8:30-9:30am
- IAFS
- AFS, 12-1, 6 Lanes
- STAT, 4 lanes, 5-6:30 PM
- Swim Team, 3-4 Lanes, 4-6:30
- AFS, 4 lanes, 6:30-7:30

THURSDAY

- Water Aerobics, 4 Lanes, 10-11am
- AFS, 3 Lanes, 5:30-7
- AFS, 12-1, 6 Lanes
- Swim Team, 4 Lanes, 5-6:30pm
- STAT, 4 Lanes, 5-6:30pm
- Water Aerobics, 4 lanes, 6:30-7:30

FRIDAY

- Swim Team, 2 Lanes, 6-7:30a
- AFS, 3 Lanes, 5:30-7
- Water Aerobics, 4 Lanes, 8:30-9:30am
- IAFS
- AFS, 12-1, 6 Lanes
- Swim Team, 3-4 Lanes, 4-6:30
- AFS, 4 lanes, 6:30-7:30

SATURDAY

- Building Closed (5:00 AM – 9:30 AM)
- Swim Team, 4-5 Lanes, 9-11am
- Adult Fitness Swimming, 8-9:30am, 5 lanes
- Pool Closed to Public (8:00 PM – 8:30 PM)

Swim Teams | **AFS (Adult Fitness Swim)** | **Open Lap Lanes** | **STAT** | **Water Walking** | **Water Aerobics**

Schedule is subject to change without prior notice